

Amendments to the Specification:

Please replace the first paragraph on page 4 with the following amended paragraph:

- (a) providing a metal oxide sample wherein the metal oxide sample has a specific energy;
- ~~(a) (b)~~ applying a mixture of O_2 and H_2O gas to a sufficient amount of a V_2O_5 gas to the
metal oxide sample ~~at a linear flow rate of about 50—350 cm~~ to increase the specific energy,
wherein the gas is a mixture of O_2 and $H_2O_{(g)}$;
- ~~(b) (c)~~ heating the metal oxide sample at a temperature of about 300—60^oC for a time
period of about 6—72 hours the metal oxide sample; and
- ~~(e) (d)~~ cooling the metal oxide sample.

Please replace the first paragraph on page 5 with the following amended paragraph:

Thus, in a first embodiment, the present invention provides for

- (a) providing a metal oxide sample wherein the metal oxide sample has a specific energy;
- ~~(a) (b)~~ applying a mixture of O_2 and H_2O gas to a sufficient amount of a V_2O_5 gas to the
metal oxide sample ~~at a linear flow rate of about 50—350 cm~~ to increase the specific energy,
wherein the gas is a mixture of O_2 and $H_2O_{(g)}$;
- ~~(b) (c)~~ heating the metal oxide sample at a temperature of about 300—60^oC for a time
period of about 6—72 hours the metal oxide sample; and
- ~~(e) (d)~~ cooling the metal oxide sample.

Please add the following new paragraph after the first paragraph on page 5 (as currently amended) or at about line 8 as originally filed:

The gas applied to the metal oxide sample can be applied at a linear flow rate of about 50 ccm and the heating step can be from about 2 to about 20 °C/min up to about 460 °C. Once the heating of 460 °C is achieved, this temperature can be maintained for about 24 hours. A second embodiment of the present invention provides for supplying a metal oxide sample wherein the metal oxide sample has a specific energy, applying a gas to the metal oxide sample to increase the specific energy, heating the metal oxide sample at a temperature of from about 300 °C to about 600 °C and maintaining this heating step from about 6 to about 72 hours and cooling the metal oxide sample at about 2 to about 20 °C/min until ambient temperature is achieved. An example of the metal oxide samples include but is not limited to V_2O_5 and can comprise a surface area of about 1-10 square meters.